



## Honey Creek Fire Department Applicant Physical Ability Test

This test component is a series of tasks designed to assess important physical abilities necessary for effective job performance as a firefighter. The following section describes the Applicant Physical Ability Test and offers information to assist you in preparing.

### Job Simulation Tasks

- Ladder Carry and Raise
- Stair climb
- Hose Deployment
- Equipment Carry
- Victim Rescue Drag

The following guidelines apply to the job simulation tasks.

- Applicants must wear a weighted vest, fire helmet, and gloves. The vest weighs approximately 50 pounds to simulate the weight of a SCBA and gear. The Honey Creek Fire Department will provide all necessary Personal Protective Equipment needed for the test to the applicants.
- Applicants are strongly encouraged to wear athletic shoes (sneakers) and appropriate clothing for physically demanding work. You will be performing physical acts that demonstrate strength, agility, and endurance and its important to be outfitted in attire that does not hinder your performance. During the test, you may get dirty and/or wet from maneuvering through the exercises. Plan your dress accordingly.
- All five job simulation tasks of this test will be completed in order starting with the first station.



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- You must not run during the test. Running is not permitted on a working fireground, and it will not be allowed during this test. Running is defined as any time both feet are off the ground at the same time while you are advancing on the course. You may move as fast as you like, while remaining safe.
  - You should hit every stair going up and coming down while climbing the stairs. You may move as quickly as you like and are encouraged to use the handrails as needed.
  - Test monitors will be assigned to you while on the course. It is acceptable to ask the test monitor questions concerning course rules and layout prior to beginning the course and while on the course.
  - Unnecessarily dropping, throwing or other intentional misuse of any of the testing props will be grounds to disqualify an applicant.
  - Each applicant will have their vital signs taken prior to the test to ensure that he/she is physically able to perform the tasks. The limits will be:  
Blood Pressure equal to or above 160 mm Hg systolic.  
Blood Pressure equal to or above 100 mm Hg diastolic.  
Pulse Oximetry readings below 92 SpO2.  
Pulse rates exceeding 100 BPM
- Note: If the applicants vital signs are outside the acceptable limits, the applicant will be given a rehab/recover period of up to 10 minutes and then have their vitals taken again. If the vitals are outside the limits after the rehab/recover period, the applicant will be dismissed from the test.
- The applicant will have their vitals taken after the test to ensure he/she is medically able to leave the premises.



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The following section provides a description regarding each of the five job simulated tasks contained in the physical ability test.

### **#1: Ladder Carry/Raise**

Station description:

The applicant will pick up and carry a 24-foot extension ladder using a low-shoulder carry through a designated course and place the ladder at the base of the training tower. The applicant will then raise and extend the fly section of the ladder using the rope (halyard). The applicant will use a hand- over- hand technique to extend the fly section of the ladder until the ladder reaches a set mark. The applicant will then lower the fly section down using a hand-under-hand technique and then lower the ladder to the ground. If the applicant loses control of the halyard ( e.g., the rope slips through hands.) he/she will be required to perform the task again.

### **#2: Stair Climb**

Station description:

The applicant will climb up to and back down from the 5th floor of the training tower (starting from door 9 the applicant will enter the tower and begin to climb up to the 3rd floor from the interior of the tower. The applicant will then exit onto the 3rd floor exterior balcony and walk to the exterior stairs on the tower and climb the remaining floors from the exterior of the tower to the 5th floor. The applicant will then climb back down to the first floor in reverse order and exit through door 9). The applicant should hit every stair going up and coming back down the staircase. When the applicant reaches the 5th floor he/she will place his/her feet on the landing and then turn around and descend the stairs. The applicant may use the hand rails and may move as fast as he/she chooses on the stairs.



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### **#3: Hose Deployment**

Station description:

The applicant must grasp the nozzle attached to 200 feet of 2 ½-inch uncharged hoseline and place it over his/her shoulder and across his/her chest. From the starting point the applicant will walk and drag the hose a distance of 75 feet to a prepositioned drum, make a 90 degree turn around the drum, and continue an additional 25 feet. Stop within the marked 5 foot x 7 foot box, drop to at least one knee and pull the hose line using the hand-over-hand technique until the 50-foot mark on hose crosses the finish line.

### **#4: Equipment Carry**

Station description:

The applicant will carry a two 25 pound kettle bells for a distance of 70 feet. The applicant will pick up each kettle bell and carry them 35 feet around a cone and back to the starting location, and place both kettle bells back on the ground. You may not set the kettle bells down at any time to rest - they must be carried the whole time. (Kettle bells will simulate a rotary saw and chainsaw)

### **#5: Victim Rescue Drag**

Station description:

The applicant will drag a human form dummy weighing 110 pounds (weight of dummy and harness) for 35 feet, around a cone and then back across the starting point for a total distance of 70 feet. The applicant will drag the dummy using the pull harness attached to the dummy. In order to complete the station, the applicant and the dummy must both completely cross the finish line.



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### 95' Aerial Climb

An aerial ladder will be extended to approximately 95 feet and will be at an angle of approximately 70 degrees. The applicant, wearing helmet and gloves, will climb the aerial ladder to the top of the ladder, touch the top of the ladder and return to the starting point on the ground. You may not stop for more than ten seconds at any point in the climb up or down. You must wear the safety belt supplied and be attached to a safety line.

### Pass/Fail

The Applicant Physical Ability Test will be graded on a Pass/Fail basis. No times will be recorded for the tasks. The applicant's score sheet has a place to record the results of these tasks. For these tasks, the Scoring Monitor will mark either Pass or Fail at the time of the task. The test administrator will initial the recorded score once the test has been completed.